



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# HEALTH & WELL-BEING

## Group Fitness Classes

January 2nd - March 23

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00	Aikido (SC) Kit		Aikido (SC) Kit		Aikido (SC) Kit	8:00-9:00 Adult Aikido (SC) Kit
6:15-7:15	Morning Workout Stephanie	Zumba@ Danielle	Morning Workout Courtney	Nia Amy		9:00-10:00 Kid's Aikido (SC) Kit
8:00-8:55	Tai Chi Erica	Tai Chi Erica	Tai Chi Erica	Tai Chi (Member led)	Tai Chi (Member led)	9:00-10:15 Weekend Workout Varies
9:00-10:10	Step It Up Jessica	Nia `til 10 Dominique	Fusion Fit Jennifer	Boot Camp Shannon	Zumba@ Lisa	10:30 - 11:30 Zumba Gold@ Erika
10:20-11:35	Low Impact Aerobics Kari	Strength & Stretch `til 11:50 Tom & Natalie	Low Impact Aerobics Kari	Strength & Stretch `til 11:50 Tom & Natalie	Low Impact Aerobics Becky	4:30-5:30 Family Fun & Fitness (TC)
11:40-12:55	Strong & Balanced Doug		Strong & Balanced Doug		Strong & Balanced Doug	<b>All classes are in the Movement Center, unless specified.</b>  <b>HWC = Health and Wellness Center</b> <b>SC= Squash Court</b> <b>TC= Tennis Center</b>  Please see class descriptions on the back. Classes are for age 15+, some exceptions, check with instructor.  Please see our Yoga/Pilates & Active Older Adults schedules also.  A little greener. All of our schedules are on line.
12:00-12:50		Boot Camp Natalie & Kim		Boot Camp Kari		
12:15-1:30		Tennis Fun & Fitness (TC)		Tennis Fun & Fitness (TC)		
1:00-2:00	Zumba@ Lisa	Drumming Colleen	Zumba@ Shakaia	Drumming Colleen		
1:00-3:00	U-Can Gym (HWC)		U-Can Gym (HWC)		U-Can Gym (HWC)	
4:15-4:30	Core Strength Courtney	Core Strength Allison	Core Strength Courtney	Core Strength Emily	Core Strength Allison	
4:30-5:25	Body Sculpt Courtney	Boot Camp Allison	Body Sculpt Courtney	Turbo Kick@ Emily	Boot Camp Allison	
5:00-6:00		Kids Aikido (SC)		Kids Aikido (SC)		
5:35-6:35	Body Blast Sheila	Zumba@ Shakaia	R.I.P.P.E.D.™ Sheila	Nia Dominique		
6:00-7:00		Adult Aikido (SC)		Adult Aikido (SC)	<b>New to classes?</b> Try the shaded classes on this schedule. They are a great place to get started!	
6:45-7:45			Zumba Gold@ Erika			
6:45 - 8:00	Tennis Fun & Fitness (TC)		Tennis Fun & Fitness (TC)			

## Health and Well-Being

A great benefit of YMCA Membership is having over a hundred free wellness classes available to you and your family! We offer group exercise classes for every activity level; from beginner low impact classes to more involved choreographed classes, you will find the perfect program for you! Interested in Water Wellness or Yoga and Pilates? Please see those schedules for more options.

**Aikido** (13 and up) Build your poise, confidence, self-expression and leadership through the traditional Japanese martial art of Aikido. Please observe one class before planning on beginning, you can start at any time of the year, come check it out!

**Aikido Kid's** (6-12 years) Learn coordination of mind and body; discipline, confidence and respect for others. Parents are welcome to observe. Please observe one class before planning on beginning, you can start at any time of the year.

**Body Blast** Your heart will be pumping with good energy after this class that offers a variety of movement. We use floor movement, steps and strengthening work so it never gets boring.

**Body Sculpt** Come use a variety of props and toys (hand weights, stability balls, bands, etc.) that will help you find new muscles and tone the more familiar ones.

**Boot Camp** Try out this full-body workout with intervals of intensity, keeping you in control of how hard you want to push yourself. It's dynamic. It's fun. It's with a community of others who will help you stay motivated along the way.

**Drumming** You'll be surprised how good you are at 'beating the drums'. (Actually, you'll be playing stability balls!) You'll leave class as happy as a rock star: taller, stronger, relaxed, sweaty and with a total huge fan base (your fellow class mates, of course!).

**Family Fun & Fitness** Designed for the Beginner and Adv. Beginner Tennis. Players will hit lots of balls using drills and games. All levels, ages 4 and up welcome. Families play together! All YMCA members welcome. (Join us at the Tennis Center. We have racquets to borrow.)

**Fusion Fit** Move with us; be dynamic, fit, fluid, strong & centered. Enjoy full body cardio dance & strengthening with Pilates/Yoga/Weights. A multi-level class that is accessible & effective for all. (Shoes are required).

**Low Impact Aerobics** Join a group that loves to move, dance, laugh, chat, and work together. Your body will work, your brain will work, and YOU will feel BETTER. Expect to sweat and work with resistance equipment. A full mind, body, spirit workout.

**Morning Workout** Jump start your day with a total body workout! This class will incorporate a thorough warm-up with cardio, strength, core work and active stretching.

**Nia** Experience movement in a whole new way—your spirit, mind and body will thank you. Part dance, part martial art, part healing technique, Nia will surprise you! (Shoes optional. See? Surprising.)

**R.I.P.P.E.D.™** Join us for a workout that will have aspects of Resistance – Interval – Power – Plyometrics – Endurance... it's down right fun!

**Step It Up!** Got some stress to burn off and time to spare? Join us for this class! We'll use a step to keep our heart rates up, props & toys to work our strength & stamina, and humor, music and friendship to keep our spirits up.

**Strength & Stretch** Finding strength & stamina was never as important as it is now. Join this class, full of people, who have chosen to keep active into their golden years, staying strong, tall & confident.

**Strong & Balanced** Give us your time and we'll give you the chance to make new friends, feel stronger and stay agile. We'll use stability balls, floor exercises and good humor to keep your spirit, mind and body strong and healthy!

**Tai Chi** "The Art of Conscious Movement" can benefit all ages and abilities; Mon and Wed practice 108 Long Form, Tues. is beginning Qigong, Thurs. and Fri. are Member-led.

**Tennis Fun & Fitness** You'll get a great workout in a social setting. A lot of moving, hitting, competition and fun. Designed for the intermediate and advanced level player. All YMCA members welcome. (We have racquets to borrow.)

**Turbo Kick®** Move and groove your way into a healthy you. Come prepared to kick, punch, sweat and shake it to high energy, hip-hop inspired music. It's a blast – try it once and you'll be HOOKED!

**U-Can Gym** Gain strength & stamina in this adaptive program, hosted in Health & Wellness Center, designed for anyone with mobility-limitations. A Wellness Coach is present to create workouts and give guidance. If a full-time assistant is needed, please provide a personal attendant.

**Weekend Workout** Different every time. One day it's Zumba, another day, Step; it is *always* the perfect place for you to move your body at your pace so you leave feeling energized, strong and oh so good.

**Zumba®** Looking for a booty-shaking, fun time, but don't want to have to stay out late to find one? Come get your Latin & International groove on with us. Ditch the workout. Join the party. (Shoes are required)

**Zumba Gold®** Takes the joy of Zumba and modifies the moves and pacing to suit the needs for beginners, new to exercisers and active older participants. What stays the same is the zesty Latin music, the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. (Shoes are required)

## Eugene Family YMCA

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